



The Thompson Times

Your resource to age well

NOVEMBER 2022



Celebrating our Veterans

Wednesday, November 9, 12:00 pm

The Thompson annual Veterans Day lunch and ceremony has always been a poignant and joyful celebration as we honor those who have served and who continue to serve. In recognizing our Veterans this year, we invite you to join us at 11:45 am as the American Legion leads us in a short ceremony around the flag. A group photo will be taken. Immediately following we will enjoy a meal of *Meatloaf, Gravy, Mashed Potato, Maple Glazed Carrots, Mixed Green Salad with Country Herb Dressing, Roll and Main Blueberry Cobbler.*

We ask that you make reservations as space is limited. Reservations are on a first come, first served basis.

Thank you to all of our Veterans for your service and your sacrifice which will never be forgotten. *The Thompson will be closed on Friday, November 11 in recognition of Veterans Day.*

Come Travel With Us To Murano Island!
Venetian Lagoon: Discover the Ancient Art of Glassblowing
from Murano Island, Italy
Tuesday, November 8, 10:00 – 11:00 AM

Discover the ancient Venetian art of glassblowing on this private live virtual tour to the artistic island of Murano. Your local Venetian tour guide will take you to a private glassmaking demonstration from a master craftsman. Get an inside look into the centuries-old art of glassblowing on Murano Island, home to the world's finest glass artisans. Tour the factory and see a master craftsman shape molten glass through a combination of heat, blowing, and sculptural techniques. You will also visit the factory showroom to see beautiful finished works of art. Please register in advance by calling The Thompson Center.

Menu: Cheese Ravioli with Chicken, Marinara Sauce and Parmesan Cheese, Mixed Green Salad, Garlic Bread, Cheesecake with Fruit



The Thompson Center

Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
Fax: 802-457-1259
www.thompsonscenter.org

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
djones@thompsonscenter.org
Paula Audsley, Business Office Manager,
paudsley@thompsonscenter.org
Pam Butler, Program Director,
pbutler@thompsonscenter.org
Jen Bloch, Marketing Coordinator,
jbloch@thompsonscenter.org
Shari Borzekowski, Aging at Home
Resource Coordinator,
sborz@thompsonscenter.org
Siobhan Wright, Meals on Wheels &
Transportation Coordinator,
swright@thompsonscenter.org
Andrew Geller, Chef,
ageller@thompsonscenter.org

Drivers: Tom Morse, Carl Hurd

Senior Solutions (Formerly Council of Aging
for Southeastern Vermont)
SENIOR HELPLINE: 800-642-5119

Community Care Coordinator
Carla Kamel, MSW
Ottawaquechee Health Center, 457-5414

Tri-Valley Transit 802-728-3773

BOARD OF DIRECTORS

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Ginny Eames—*Co-Presidents*
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Paulette Watson

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- New kitchen staff with college students back to school.
- Dining room door building project starting in October.
- Meal donation change discussed.
- Upcoming programs and events.

Please join our next meeting on November 7 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed & appreciated!

Meal Pricing Update Effective November 1st

For those age 60 and over meals are provided by "suggested donation." For more than 10 years our suggested donation for meals has been \$5. This includes fresh salad with homemade dressing, a delicious entree, dessert, and milk/coffee/tea. We use fresh fruits and vegetables and our talented Chef makes all meals "from scratch" to meet the Older Americans Act requirements limiting salt & carbs and providing adequate & balanced vitamin C, A, whole grains, proteins, and more.

Since our last change to the suggested donation, our raw food and supply costs have more than doubled. We are also serving more meals than ever with less funding available. With this in mind, we need to increase the suggested donation to \$7 per meal. For those who can easily pay this amount, it will help us to maintain our program, but it is also important to note that if \$7 per meal is too much for your budget, you are still very welcome to eat here, donating what works for you. The meals are provided for those over age 60 regardless of any donation. It is part of our mission to provide needed nutrition to older adults as well as the opportunity to socialize and a daily check-in for those at home. Please reach out to me if you have any questions. I always want to hear from you. Thank you for your understanding and support. Deanna Jones, Executive Director (802) 457-3277 or djones@thompsonscenter.org

Thank You 2022 Sponsors!



CREATIVE AGING



Pizza and Movie Night at The Thompson

Featuring the new *Top Gun: Maverick* and Woodstock Pizza
Chef Pizza and Salad

Tuesday, November 1, 5:30 pm

Cost: \$12 per person for pizza, salad, beverages and popcorn

When was the last time you watched *Top Gun*? After thirty years, Maverick (Tom Cruise) is still pushing the envelope as a top naval aviator in *Top Gun: Maverick*, but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it. *Reservations required so we have enough pizza.*

Art With Finnie from ArtisTree

Remembrance Poppy Broaches for Veteran's Day

Wednesday, November 2, 1:30 pm



Let's felt! Using raw wool fibers and barbed needles we will carefully craft poppy petals and leaves and finish with a pin back to create a poppy broach in recognition of Veteran's Day.

Because of supply availability Finnie needs to limit this class size to 8. Please register in advance.

Local Author, Robin Fisher Offers a Second Writer's Workshop

Mondays, beginning November 14 – December 19, 1:00 – 3:00 pm

Suggested donation of \$35

Life is a series of stories and in this workshop you will learn how to make your stories pop off the page. Whether you prefer to write fiction or non fiction writing, you will learn to "dig deep" to strengthen your voice and draw from your own experiences to craft narratives with compelling plots, vivid scenes and authentic characters. Using prompts, we'll practice creative writing and share our work during class time. This workshop is designed for both newcomers and return attendees.

Robin Gaby Fisher is a Pulitzer Prize winning journalist and New York Times bestselling author who has written 12 non fiction books. Her latest book, *Unmasked*, with Paul Holes, debuted at No. 3 on the New York Times bestseller list. She retired as Director of the Journalism Program at Rutgers University, Newark campus, last year. She resides full-time in Woodstock with her husband, Loren, co-owner of the Focus Fine Art Photography gallery, and their Bernese Mountain Dog, appropriately named Pudge.



Welcome Back Adam Boyce and Merv Comes!

Tuesday, November 15, 1:00 pm

Join us when our favorite fiddler and guitarist/accompanist return to entertain us on the fiddle and guitar. Their music delights!

YOUR VIRTUAL SENIOR CENTER

Senior Learning Network Virtual Programming Continues at The Thompson

Please call to reserve your spot. Let us know if you would prefer to view from home or watch from the Thompson and leave the technology to us.



“ Everglades 101” - LIVE from Everglades National Park Tuesday, November 1, 2:00 pm

Join us as we take a live tour with a park ranger from the Everglades National Park!

Everglades National Park protects an unparalleled landscape that provides important habitat for numerous rare and endangered species like the manatee, American crocodile, and the elusive Florida panther.

An international treasure as well - a World Heritage Site, International Biosphere Reserve, a Wetland of International Importance, and a specially protected area under the Cartagena Treaty.



Flight 93 National Memorial- “America Attacked” Tuesday, November 8, 2:00 pm

On September 24, 2002, President Bush signed into law the Flight 93 National Memorial Act. The Act created a new national park unit to commemorate the passengers and crew of Flight 93 who, on September 11, 2001, courageously gave their lives thereby thwarting a planned attack on our nation's capital. The memorial is located near Shanksville, Pennsylvania, where Flight 93 crashed along with its 40 crew members and staff. *“America Attacked”* is the story of Flight 93 and 9/11 /11, telling the story of what happened on the plane using eyewitness accounts. The passengers and crew along with the terrorist, what is heard on the cock pit voice recorder (black box) and what was recorded on answering machines, and the interviews with the family members conducted by the FBI.



LBJ Presidential Library and Museum Virtual Tour Tuesday, November 15, 2:00 pm

Join staff and tour docents from the LBJ Presidential Library to learn more about how our nation still feels the impact of President Johnson's legislative legacy and have an inside look into the LBJ Presidential Library itself.

President Lyndon B. Johnson signed over 1000 bills into law during his five years in office – including the Civil Rights Act (1964), the Voting Rights Act (1965), the Medicare Amendment to the Social Security Act (1965), the Immigration and Nationality Act (1965), and hundreds of other landmark laws. In addition, he advocated for education, the arts, creating a Great Society for all Americans, and environmental beautification.

PROGRAMS & EVENTS

SLN Virtual Programs continued from page 4



Valley Forge National Historic Park

Tuesday, November 22, 2:00 pm

When the Continental Army marches into Valley Forge on December 19th, 1777, there have already been two and a half years of the American Revolutionary War. The most recent, mostly unsuccessful Philadelphia Campaign led to the British capture of the American capital, Philadelphia. Learn why the

Americans choose Valley Forge as their strategic winter encampment, what happens during the six months after marching in, and what the reorganization, resupply, and rest do for the Continentals as they continue the war for another five years.



The Printing Museum

Tuesday, November 29, 2:00 pm

What is printing, and what is its historical impact? In what ways do we continue to see its effect today? Take a virtual trip to The Printing Museum and explore the earliest examples of writing, illuminated texts, and modern-

day machines. Learn about the integral role printing had in transforming societies as we journey through the Renaissance, Colonial America, Texas independence from Mexico, and a mid-century newsroom. With demos on the Gutenberg and Columbus presses, visitors can learn the mechanics of printing and its dynamic influence on history, fine art, and communications.

Vermont Symphony Holiday Pops at the Rutland Paramount Theater

Sunday, December 11

Depart The Thompson at 1:45 pm for the 3:00 pm Matinee

What better way to celebrate December with festive music, singing holiday favorites, and storytelling by one of Vermont's most beloved radio hosts? Join our guest conductor Anthony Parnther, Vermont Public host Jane Lindholm, singers from the Lyric Theatre, and your Vermont Symphony Orchestra for a concert to get you in a joyful mood for the season. Enjoy well-known favorites like Tchaikovsky's The Nutcracker, Anderson's Sleigh Ride, and the Ukrainian Carol of the Bells, alongside new-to-VSO holiday repertoire by Rosephanye Powell and Darin Kelly, a reading of The Night Before Christmas, carols and an audience holiday sing-a-long!

At the time of this writing we are still waiting for confirmation details on a dining venue as many places are closed now closed on Sundays or have limited availability. Details, including total cost of the trip, will be advertised as soon as we can confirm them. But don't wait to register as this is a very popular trip and always an enjoyable event for the holiday season!

Holiday Bazaar & Cookie Walk

Saturday, December 3, 9:00 am - 1:00 pm

Please join us for this annual holiday event where you'll find a great selection of unique holiday gifts, handmade pottery, ornaments, jewelry, knitted and felted items, wreaths, homemade goodies, jams, jellies, pickles, and more! Santa will visit and the Cookie Walk will be pre-packaged and pre-orders are encouraged.

Raffle Items: Red and White Poinsettia Wall Hanging Quilt, Pottery from Veronica Delay, 3 hour Home Organization Consultation with Patty Hasson.

Tickets are \$5 each or 6 for \$20. **All proceeds benefit The Thompson Center.**

PROGRAM CALENDAR - NOVEMBER 2022

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS	1 Mahjong 2 SLN: Everlades 101 3 Bone Builders 5:30 Pizza Night	9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga 1:30 Art with Finnie	9 Medicare Assistance by appt 10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 12:30 Tech Support 1 Oh Patsy Cline 3 Bone Builders	8:45 am AARP Driver Class 10 BINGO 10-12 CCC Office Hours 1 Mahjong
7	8	9	10	11
10 BINGO Advisory Meeting	9-2 Reflexology 12 Caregiver Support Group 1 Mahjong 2 SLN: Flight 93 National Memorial 3 Bone Builders	Veterans Day Lunch 9:30 Intro to Tai Chi 10 Veggie VanGo 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga 1 Bazaar Workshop	10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 3 Bone Builders	Closed for Veterans Day
14	15	16	17	18
10 BINGO 1 Writers Workshop	9:30 Commodities 1 Mahjong 1 Adam Boyce & Merv Comes 2 SLN: LBJ Library & Museum Tour 3 Bone Builders	9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga 1 Bazaar Workshop	Thanksgiving Dinner 9 Medicare Assistance by appt 9-2:30 Foot Clinic 10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 12:30 Tech Support 3 Bone Builders	Breakfast Day 10 BINGO 10-12 CCC Office 1 Mahjong No lunch served
21	22	23	24	25
8:30 Newsletter Folding 10 BINGO 1 Writers Workshop	9-2 Reflexology 1 Mahjong 2 SLN: Valley Forge Historical Park 3 Bone Builders	9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga 1 Bazaar Workshop	Closed	Closed
28	29	30		
10 BINGO 1 Writers Workshop	1 Mahjong 2 SLN: The Printing Museum 3 Bone Builders	Birthday Day 9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga 1 Bazaar Workshop		

MENU - NOVEMBER 2022

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	Baked BBQ Style Chicken, Tossed Green Salad with Croutons and Ranch Dressing, Potato Salad, Brownie Fresh Fruit	Quiche with Broccoli, Ham and Cheese, Mixed Green Salad with Croutons and Green Goddess Dressing, Fresh Fruit	Baked Cod with Fresh Lemon and Herbs, Saffron Rice Pilaf, Seasonal Vegetables, Garden Salad, Dinner Rolls, Ice Cream	Minestrone Style Soup with Chicken, Mixed Green Salad with Balsamic Dressing, Dinner Roll, Pumpkin Pie
7	8	9	10	11
Corned Beef Reuben Sandwich on Rye Bread, Tossed Green Salad with Italian Style Dressing, Fruit Salad	Cheese Ravioli with Chicken, Marinara Sauce and Parmesan Cheese, Mixed Green Salad, Garlic Bread, Cheesecake with Fruit	Veterans Day Lunch Meat Loaf with Gravy, Mashed Potato, Maple Glazed Carrots, Mixed Green Salad with Country Herb Dressing, Dinner Roll, Main Blueberry Cobbler	Curried Pumpkin Soup, Mixed Green Salad with Chicken, Craisins, Almonds and Garden Vegetables w/ Maple Vinaigrette, Dinner Roll, Cookies	CLOSED for Veterans Day
14	15	16	17	18
Hot Dogs in a Whole Wheat Bun, Macaroni Salad, Mixed Green Salad, Fresh Fruit	Hearty Chicken Noodle Soup, Greek Style Salad with Olives and Roasted Peppers, Dinner Roll, Apple Cobbler	Tuna Salad Sandwich on Whole Wheat Bread Lettuce and Tomato, Cole Slaw, Fresh Fruit Parfait with Granola and Yogurt	Thanksgiving Dinner Roast Turkey and Gravy, Mashed Potatoes, Maple Glazed Carrots, Corn Bread Dressing, Cranberry Sauce,	Pancake Breakfast Pancakes and Local Maple Syrup, Scrambled Eggs, Sausage Links, Home Fries with Peppers and Onions, Fresh Fruit
21	22	23	24	25
Angel Hair Pasta with Bolognese Style Sauce, Mixed Green Salad, Dinner Roll, Fresh Fruit	Roasted Chicken Breast with Lemon and Herbs, Mixed Vegetables, Rice Pilaf, Caesar Salad, Ice Cream with Fruit Compote	Cheeseburger with Cheddar Cheese on a Wheat Bun, Lettuce, Tomato, Onion and Pickles, Baked Potato Wedges, Cole Slaw, Blueberry Crisp	CLOSED	CLOSED
28	29	30		
Split Pea Soup with a (half) Ham and Cheese Sandwich on Wheat Bread, Fresh Fruit, Chefs Choice Cookie	Sweet and Sour Chicken with Peppers and Red Onion, Steamed Jasmine Rice, Mixed Green Salad with Crispy Noodles and Sesame Vinaigrette, Cookies	Birthday Day Beef Ribeye Roast With Gravy, Baked Potato, Roasted Root Vegetables, Mixed Green Salad with Maple Vinaigrette, Cake and Ice Cream	RESERVATIONS REQUIRED FOR ALL MEALS BY 10:30 am *menu subject to change based upon dietary restrictions & product availability* *Please make requests for substitutions & special items in advance* 2% milk, juice, coffee, tea with all meals	

ACTIVE AGING

Walking Group Update

The walking group will pause for the cold weather months beginning on November 1st. We thank Carla Kamel for providing the incentive and encouragement for those who have enjoyed the outdoors and socialization that she has provided in establishing this group. Consider joining an exercise class either in person or virtually this winter at The Thompson Center.

Try Gentle Yoga - It's Beneficial for Everyone

Offered by Yoga Instructor, Kathryn Mills

Wednesdays, 1:00-2:00 pm

Cost: 6 class punch card for \$90, or \$20 per class

Gentle Yoga is geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced seated, standing, and reclining poses focusing on developing/increasing alignment, strength, balance, and flexibility. Modifications are offered and props are optional. No experience or flexibility required. Bring a mat if you have one, and a blanket if you like. *Pre-registration is required by calling The Thompson.*

Tai Chi – an Excellent Balance, Memory, and Coordination Practice

In person classes will resume through December 20th. All classes will be offered virtually only January, February, and March 2023. No classes on November 23rd.

Whether you've done tai chi before or not, you are welcome to join our classes at the Thompson. Instructor Anne Bower keeps things upbeat and relaxed and helps you make the adjustments your body requires. Our small classes make learning easy! If you have questions email her at anniebower71@gmail.com.

Tai Chi for Beginners (a fall prevention form): Wednesdays 9:30-10:30, \$3 per class

Sun 73 Forms (a longer, more challenging form): Wednesdays 10:40-11:40, \$3 per class

Bone Builders on Tuesdays and Thursdays, 3-4 pm

Led by Certified Instructor, Althea Derstine

The Bone Builders exercise program is based on research conducted and published by Tufts University which shows that strength training just twice a week dramatically reduces the risk of fractures and can even reverse the negative effects of osteoporosis. The Bone Builders program is beneficial exercise for everybody. It includes stretching, balance work, and weight lifting. New students are always welcome and are asked to call The Thompson to register and obtain a medical clearance document to be signed by your medical provider. The class will meet in the Thompson tent as long as seasonable weather allows.

Strength Stretch and Stability Class with Instructor Liz Hatfield

Returns to The Thompson

Thursdays – In person and on Zoom 10:30 – 11:30 am

Tuesdays – Zoom Class Only 10:30 – 11:30 am

Cost: \$5 per class for virtual or in-person payable to The Thompson Center

For those who wish to continue classes via Zoom, Thursdays will be a hybrid class and you can continue to exercise from home. A zoom link will be provided upon request and newcomers are welcome.

AGING WELL



"Oh Patsy Cline"

A Fun Cabaret Show

Thursday, November 3, 1:00 pm

Oh Patsy Cline will delight you as you hear stories about Patsy's life and career and sing along with many of her greatest hits. So come on in, sit right down, and join performer Marybeth Lang as we celebrate Patsy Cline!

AARP Smart Driver Class

This 4.5 hour refresher course is open to all drivers 50 years & older

Friday, November 4, 8:45 am– 2:30 pm

Lunch Break 12:00 – 1:00 pm

Cost: \$20 for AARP Members, \$25 for Others (payable to AARP)



The curriculum addresses the normal physical changes brought on by the aging process, how these changes can affect driving ability and how to compensate for those changes. The course also addresses changes in vehicles, regulations and roads. Participants will also learn how to interact with other road users, including truckers, bikers, pedestrians and distracted drivers. The class will address Vermont driving regulations, many of which have changed over the years. Many insurance companies offer a discount to drivers who have completed the class. Drivers who have qualified for a discount by taking the course must take a refresher course every 3 years. There are no tests. Register in advance.

Open Enrollment Period –

1:1 Assistance Available at The Thompson by Appointment

November 3, 17, and December 1, 9:00 am - 2:00 pm

October 15 through December 7, 2022 is the Open Enrollment Period for Medicare Advantage Plans (Part C) and Prescription Drug Coverage Plans (Part D). During this time you are able to join a Medicare Part C or D plan. Your plan will take effect on January 1, 2023. If you already have a Medicare plan, this is the time to re-evaluate your health care needs and compare them to your current plan benefits. If you decide to stay with your current plan there is no further action required to renew it.

Matter of Balance Program

Take Active Steps to Improve Your Balance Confidence

A Virtual Program Offered by Dartmouth Health –

Meet on Zoom from the comfort of your home

Mondays and Wednesdays, 11/14/22 – 12/12/22

This award-winning, evidence-based program emphasizes strategies to decrease falls. It is for anyone who has restricted activities because of falling concerns, anyone interested improving balance, flexibility and strength, and anyone who has fallen in the past.

YOU WILL: Set goals for increasing activity, make changes to reduce falls risk at home, exercise to increase strength and balance. For more information and to register contact: falls.prevention@hitchcock.org or (603) 653 3415.

RESOURCES

Fuel Assistance Program Reminder—Do not wait to apply!

It is time to sign up for Vermont's Seasonal Heating Fuel Assistance Program ("LIHEAP"), which can offset winter heating costs from a few hundred to even a few thousand dollars. This program can help you lower your bills whether you heat with oil, kerosene, propane, electric, coal, wood pellets, or cordwood. More information and 1:1 application assistance is available on Fridays by appointment by calling The Thompson Center.

Homesharing is working in our Community!

This past year we launched our pilot Homeshare program here at the Thompson, which has resulted in our first match! With a small pool of applicants, it takes time to find compatible housemates, but the more people who apply, the more likely we can facilitate a successful match.



Homesharing offers an alternative to traditional apartment rentals, especially in today's tight housing market. A Host with a spare bedroom and willing to share common space can get some additional income and help around the house with chores, as well as companionship. A Guest looking for a place to live can trade some time helping out their Host in exchange for a reduced rent.

To learn more about Thompson Homeshare, please visit our website at <https://www.thompsonsniiorcenter.org/homeshare/> or call Shari at 802-457-3277.

Advance Directive Assistance is Available

Would your loved ones know your wishes about medical care if you were unable to speak for yourself? An Advance Directive spells out your wishes and appoints someone to represent you if you are not able. Trained and caring volunteer will be at the Thompson each month on a Monday afternoon. These volunteers will take the time to explain this simple process. Call The Thompson at 802-457-3277 to schedule an appointment.

Carla Kamel and the Community Health Team

Friday Office Hours at The Thompson, 10am-12pm

Community Care Coordinator, Carla Kamel, is available for support in navigating resources and discussing community-based services. Carla expertly and compassionately can identify your needs and goals, and provide information, support and connection to resources to meet individual goals. She is available at the Ottauquechee Health Center (OHC) for a health and social wellness phone visit at 457-5414 or at carla.kamel@mahhc.org, even if it's a five-minute phone conversation. *While walk-ins are welcome, making an appointment is advised by calling The Thompson.*

Caregiver Support Group with Complimentary Lunch

In-person 2nd Tuesday of each month at 12:00 pm

Virtual participation still available upon request

Support and education can make a critical difference for family members and caregivers of patients with memory loss or disorders such as Alzheimer's. Please join our confidential monthly support group (with complimentary lunch) on the 2nd Tuesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges. Please sign-up in advance for lunch.

In-person Tech Support at The Thompson

Appointments on the 1st & 3rd Thursdays of the month, 12:30 pm-2:30 pm

In collaboration with the Norman Williams Public Library, you can now get 1:1 tech support at The Thompson. Bring in your mobile phones, laptops, iPads and any other type of tablet device you need help with. Multiple devices can be brought to one appointment. Call Shari to book your 1 hour appointment, and don't forget your passwords!

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Share the Harvest:

Cat & Ric Harriman
Carol Mosher
Nancy Winter
Fran Lancaster
Billings Farm
Michael & Nancy
Sargent
Tom Phillips



Medical Equipment:

Sue Harlow
Cleveland Gardner
Dan & Cheryl Perry

Barrell Family - Ribbons
Betty Berry - Paper Goods
Woodstock Rotary &
Thompson Board members -
furniture movers

Memory Tree for the Holidays



Each year a tree is set up in the foyer of The Thompson Center and is dedicated as a memory tree. For \$2 people can have an ornament placed on the tree with the name on it of someone they are remembering during the holidays.

IN MEMORY OF

Ted Staples

Fred & Nancy Doton



A Special Thank You
to the
Vermont Standard
for their ongoing
donation of newspapers.

NOVEMBER BIRTHDAYS

1st	Norman	Boynton	12th	Rhonda	Bruce	23rd	Susan	Wilson
1st	Barbara	Condict	12th	Constance	Burnham	23rd	Mary	Van Beuren
1st	Helen	Earle	12th	Jackson	Martsof-Tan	24th	Carolyn	Maynard
2nd	Elizabeth	Deignan	13th	Loie	Havill	24th	Michael	Beirne
2nd	Doug	Phillips	13th	Elizabeth	Hollinshead	24th	Elizabeth	Frederick
2nd	Jeanne	Ward	13th	Susan	Solomon	24th	Jules	St. Arnaud
3rd	Lindsay	Heath	14th	Constance	Hitchcock	25th	Margaret	Maxham
3rd	Betty Ann	Lantz	14th	Patricia	Gould	25th	Takis	Hinaris
3rd	Eileen	Orcutt	14th	Allen	Buswell	26th	Jim	Smiddy
3rd	Chiara	Tosi-Nelson	14th	Carol	Corette	26th	Beverly	Regan
3rd	Steve	Wolkwitz	14th	Mike	Kelly	27th	Fred	Doten
4th	Sarah	Roberts	16th	Nathan	Willard	27th	James	Ford
4th	Deb	Henck	16th	Phil	Dechert	27th	Claudia	Tupanjanin
5th	Carole	Pickett	17th	Jack	Derevensky	28th	David	Smith
5th	Wallace	Orcutt	18th	Roy	Bates	28th	Merle	Sanderson
6th	Faith	Wills	18th	Darcy	Curran	28th	Dora	White
6th	Nancy	Winn	19th	Doris	Dean	29th	Mary	Costella
6th	Russell	Morgan	19th	Lisa	Parsons	29th	Charles	Rattigan
6th	Bill	Corson	20th	Philip	Tomlet	29th	Carole	Sparkes
7th	Bernard	Strong	20th	Regina	Lawrence	30th	Mario	Gattorna
7th	Wendy	Yoo	21st	Pamela	Jaynes	30th	Robert	Evans
8th	Judy	Mahood	21st	Sophia	Stone	30th	Shirley	Gramling
8th	Lynne	Bertram	21st	Mary	Croft			
8th	Paige	Hiller	21st	James	Kachadorian			
8th	Virginia	Wise	21st	Jeanne	Fallon			
9th	Bruce	Gould	22nd	Neal	Campbell			
9th	James	Bradley	22nd	Edgar	Matthews			
10th	Deanna	Jones	22nd	Elizabeth	Harper			
10th	William	Emmons	22nd	Sandy	DiNatale			
10th	Anne	McKenna	22nd	Ruth	Sauer			
10th	Tammy	Earle	22nd	Peter	Jensen			
11th	Susan	Moor	23rd	Joan	Harvey			
			23rd	Nancy	Mills			





The Thompson

Your resource to age well

Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
(802) 457-3277
FAX: (802) 457-1259
www.thompsonseneiorcenter.org

Non-Profit Organization
Postage Paid
Permit No. 33
Woodstock, VT 05091



TRANSPORTATION

The Thompson Center operates a door-to-door transportation program for seniors and disabled community members from the towns of Barnard, Bridgewater, Pomfret, and Woodstock.

Local transportation to and from the Thompson Center is provided Monday through Friday between 8:30am – 3:00pm. Please call the Center to request rides with at least 24 hours notice. **Suggested minimum donation:** \$5 per ride round trip

Medical Rides to and from appointments to all Upper Valley providers can be arranged directly through Tri-Valley Transit at 802-728-3773. A minimum of 48 hours notice is requested for scheduling.

Thank You to Our Transportation Sponsors & Grants



The Ellaway Group
Simplify your life



Like us on



MISSION

The Thompson helps seniors to age well in our rural community. We provide timely support and services, and are a resource and advocate on issues related to aging. Our programs and activities foster the physical, intellectual, and social well being of our adult community to enhance dignity, self-worth, and independence.